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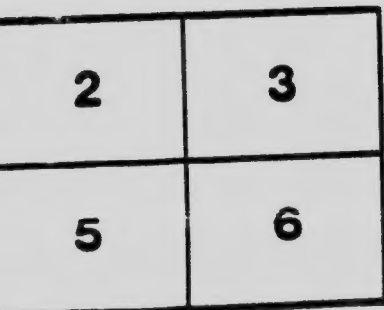
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A FOURFOLD PROGRAMME FOR CANADIAN GIRLS



A SUGGESTED PROGRAMME
OF MID-WEEK ACTIVITIES FOR
THE USE OF OLDER GIRLS.

No. III.



Prepared by
The Council on Girls' Work
of the
General Board of Religious Education
of the
Church of England in Canada,
In consultation with Representatives
of the
Dominion Board of the W.A.

PRICE 5 CENTS.

A FOURFOLD PROGRAMME FOR CANADIAN GIRLS

I.—THE PROBLEM OF THE OLDER GIRL.

How to hold our older girls to the Church and Sunday School is a question which has been asked for many years and which many are still asking.

When it is realized that about 50 out of every 100 girls between the ages of 13 and 20 are not in our Sunday Schools it will be seen that the problem is still an acute one.

II.—THE SOLUTION OF THE PROBLEM.

Serious efforts are being made to solve this problem and with some degree of success.

In the first place, it has been discovered that there are certain significant reasons why we are not holding our older girls. Among these reasons may be stated the following:

1. We have not recognized, as we should, the girl's growing personality—her desire for self-expression.
2. We have not provided, as thoroughly as we might have done, opportunities for activities on the part of the older girl. We have forgotten that she wants to be busy and will respond to a worth-while task.
3. We have not always provided her with the instruction suited to her changing interests. We have drawn up our courses of study too much on the dead-level plan of uniformity.
4. We have forgotten that the girl's *whole* life is crying out for help—that we must consider

and provide for not only her spiritual and intellectual development, but her physical and social life as well.

In the second place, it has been the realization of these facts that has led to the suggestion of the *Organized Class* as a help toward the solving of the problem, because it provides for those special interests which are dominant in this period, viz.:—the desire for organization, leadership and self-government.

III.—THE ORGANIZED CLASS.

Many kinds of girls' clubs and societies have arisen in recent years to supply the natural demands of girl life referred to above. Some of these have done and are doing splendid work. In many cases, however, they are organized outside the Church. Not only so, but in some cases they require an organization and equipment that are beyond the reach of many parishes.

Now the Girls' Sunday School class is already in existence. It is the Church's natural group and, as a rule, corresponds to the girls' own group. Practically no other society or organization is necessary. Link up all the girl's activities to her Sunday School class and the danger of alienating her loyalty from the Church is avoided. This group, however, must be organized.

But what do we mean by an *organized class*? We mean a class which is autonomous, though it is a co-operating unit in the whole Sunday School. It means a class where the teacher works *with* the girls, a class where they *work together* to grow, and to give others a chance to grow, in the four-fold life.

What does this entail? Class officers—usually a President, Secretary, and Treasurer; possibly

also Conveners of Visiting, Membership, and Social Committees. It entails a definite responsibility on the part of every member of the class for certain parts of the Sunday Session, for the class esprit de corps, for bringing in new members, visiting the sick, arranging the programme, etc. This will necessitate a mid-week session. These mid-week sessions are arranged so that the programme will minister to the four-fold development of every girl.

It is often possible for several classes in the same Sunday School to have a joint mid-week session. Sometimes these mid-week sessions may be held out-of-doors. Often it is well for parishes in the same town or city to combine once or twice a year for a mid-week programme for all their Senior Organized Classes.

IV.—THE PROGRAMME.

The programme which follows, is intended to be suggestive merely.

Each leader may take what she likes out of it, covering the whole during the one year, or devoting more time to one or two sections.

It must be carefully borne in mind that the best development of group and individual alike comes from the class making its own programme; such a programme as this merely offers suggestions for the leaders and girls to adapt to their own needs.

Each general subject has been treated from four points of view, the spiritual, physical, intellectual, social; but each of these sections may be extended through as many meeting as the group pleases.

A leader should aim at developing from these meetings permanent interests by trying to estab-

lish classes for First Aid, Dressmaking, etc., as suggested in the programme; or Clubs for Reading, Nature Study, Music, etc. By subscription the group may establish a small library.

This is the third programme issued by the General Board of Religious Education. Any of the three programmes may be obtained from the G.B.R.E., Church House, 604 Jarvis St., at *five cents each*. They are issued under the following titles:

Programme I. —A Responsible Canadian Girl.

Programme II. —Christians by the Day.

Programme III.—A Four-fold Programme for Canadian Girls.

For additional help in carrying on work among older girls, see the *Canadian Girls in Training Manual*, which may be obtained from the Board of Religious Education, at \$1.10 a copy.

A FOUR-FOLD PROGRAMME FOR GIRLS.

I. HEALTH.

SECTION A.

- (1) Discussion. What is necessary to maintain good health? *Or*
- (2) Address from a Nurse on The Laws of Health.
- (3) Draw up a Health Code.
- (4) Business Meeting.
 - (a) Elect officers.
 - (b) Plan course of lectures on First Aid or Home Nursing (which may then be substituted for the next few weeks' meetings).
 - (c) Arrange for the next week's programme; invite girls of some other Club.

Bible Readings.

1. Exodus 19 and 20. 3. St. Luke 11:39.
2. St. Luke 11:37-44. 4. Psalm 101.

SECTION B.

Picnic, Snowshoe Tramp, Skating Party or Progressive Games.

Bible Readings. "

1. 1 Cor. 9:11-27. 2. St. Luke 9:10-17.
3. St. Mark 4.

SECTION C.

- (1) Business Meeting.
- (2) Talk from Missionary or other speaker on subject of Christianity bringing health and joy into the lives of women and children of China. Chapter V., Our Church at Work, by Taylor.
- (3) Plan visit to Museum to see Chinese dress, etc., or get pictures showing Chinese dress and life.

Bible Readings.

1. Acts 8:26-40. 2. Acts 10.
3. Acts 17:16-31.

SECTION D.

- (1) Business Meeting.
- (2) Plan Pageant.
Suggested:

(a) *Every Girl*—by Mary S. Edgar. (Women's Press, 600 Lexington Ave., New York City; acting royalty \$1.00. Copies of Pageant, 40c each.). Or

(b) *The Torch*—by Miss Edgar.

"To you from falling hands, we
throw the torch,
Be yours to hold it high." (Obtain
directly from Miss Edgar, 50c.).
Have parts copied and read the
Pageant.
Allot parts and plan for rehearsal.

Bible Readings.

1. Romans 12.
2. Ephesians 4.
3. St. Matthew 7.

SECTION E.

Debate—"The healthy body for the good of
the soul."

Suggestions for Leaders.

On our health depends much of:—

- (a) Our chance of service in the world.
 - (b) Our independence.
 - (c) Our view of life (cheerful or depressing), and therefore the joy we can bring into the lives of others.
 - (d) Intellect—the opportunity of fully developing our gifts.
 - (e) Sane, practical judgment (not easily taking offence, not being irritable).
- N.B.—Our Lord Jesus Christ's care for the bodies of men.

Discuss also:—

- (a) How often good work has been done in spite of physical weakness.
- (b) That physical weakness has often been the means of turning the thoughts to higher things.
(Leaders may allot various points to the girls to be prepared.).

Bible Readings.

1. St. Mark 2:1-12.
2. Isaiah 38.
3. 2 Cor. 12:7-10.

SECTION F.

- (1) Rehearsal of Scene I. of Pageant. (Already should have been group rehearsals).
- (2) Business Meeting. Appoint Committees of helpers to prepare costumes, look after programmes, etc.

Bible Readings.

1. Ephesians 6.
2. Isaiah 2:1-5; 4:2-6.
3. Acts 2:14-36; 4:8-12.

SECTION G.

- (1) Talk about "A Medical Missionary in China."
Or
- (2) Lantern Lecture or Talk on
The Work done through the Mission
Schools in China.
The preparation necessary for taking up
this work.
- (3) Business meeting to plan next week's events.

Bible Readings.

1. Galatians 1.
2. Exodus 2 and 3.
3. St. Luke 5:18.
St. Luke 9:18-36; 22:56-62.
4. Acts 2:14-40.

SECTION H.

- (1) Rehearsal of Scene II. of Pageant. *Or*
- (2) Social Evening for making costumes, writing programmes or invitations to Pageant. (Ornament the invitations with coloured inks, drawings, etc.)
- (3) Sing-Song.

Bible Readings.

As in last section.

II. BEAUTY IN NATURE.

(Seeing God in all Things)

"And God renews His ancient rapture. Thus
he dwells in all
From life's minutest beginnings, up at last
To men—the consummation of this scheme
Of being, the completion of this sphere of
life."

Browning's Paracelsus.

SECTION A.

- (1) Simple lantern lecture or talk on Birds, Pond Life, Plant Life, The Stars.
- (2) Business Meeting. Form a club for some form of nature study. Plan expeditions. Note Books. Books for study.

Bible Readings.

1. Genesis 1; 2:1-9. 2. Psalm 121.

SECTION B.

- (1) Reharsal of Scene III. of Pageant. Or
- (2) Picnic (get if possible a leader who knows something of birds, wildflowers, or trees).
- (3) Business Meeting.

Bible Readings.

The great Bible Teachers loved nature, and often illustrated their teachings by reference to nature.

1. St. Matthew 13:1-43 3. Amos 3:1-8.
2. Isaiah 5:1-7. 4. Psalm 23.

SECTION C.

- (1) Three minute papers on:—
"The greatest heroes of the Bible have sought inspiration and strength from meditation amidst the quiet of nature."

Suggestions for Leaders.

Each girl select one for herself and find as many illustrations as possible.

- (a) Moses as in Exodus 3:1-6.
Elijah—I. Kings 17:2-7; 19:4-18.
David—I. Samuel 16:11-12.
John the Baptist—St Luke 3:3.
St. Paul—Galatians 1:17.
- (b) Give numerous examples from the life of Our Lord Jesus Christ. *Or*
- (2) Show from the actual words of any great Bible teachers their knowledge of and love of nature. (Each girl select one.). *Or*
- (3) Competition. How many references to nature can you find in the Bible? (Set time limit.)

Bible Readings.

Each girl make her own.

SECTION D.

- (1) Business Meeting for sending out invitations to Pageant.
- (2) Missionary talk on how Christian teaching can be made known to the women and children of China. *Or*
- (3) Discussion of above subject by the girls, points suggested as follows, to be allotted to various girls for them to work up:—
 - (a) Direct Bible Teaching.
 - (b) Through education—their desire to get for themselves and their children the education given in the Mission Schools.
 - (c) Through Medical Missionaries and other practical help.
 - (d) Each one of us can help. Can we expect women of other countries, when, for instance, they come as students to our country, to be attracted to Christianity, unless they see from our lives, that it leads to nobler character and action.

Bible Readings.

1. St. Luke 5:12-15. 2. Acts 3:1-9.
3. I. John 1 and 2.

III. PERSONAL RELATIONSHIPS.

SECTION A.

Give the Pageant.

Invite guests from other Clubs, or make a small charge to raise money for some missionary or other purpose.

Bible Readings.

1. I. Samuel 20. 3. St. Luke 10:38-42.
2. II. Samuel 1:17-27. 4. St. John 15.

SECTION B.

- (1) Business Meeting.
- (2) Five minute papers on what can I personally do to make home attractive?
 - (a) Attractive in appearance.
Cleanliness and order.
Good Cooking.
Beauty—an artistic home.
 - (b) Home Amusements. Suggest activities suitable for home evenings, music hobbies, home games, needlework and reading aloud.
 - (c) The spirit of the home—good temper, helpfulness, etc.
- (3) Plan classes in cooking, dressmaking, household Art, gardening.

Bible Readings.

1. Proverbs 31:10-19; 30 and 31.
2. Psalm 34. 3. Proverbs 10.

SECTION C.

- (1) Plan some way of giving pleasure to others.
 - (a) Repeat the Pageant in some Hospital for Sick Children, Home for Incurables, some Social Service Centre in a poor part of the city.
 - (b) Visit or read aloud to old or blind people.
 - (c) Volunteer for work at some Playground or Social Service Centre.
 - (d) Make scrap books for some Children's Hospital at home or in China.
- (2) Sing-Song. Encourage group hymns and songs; get girls to make songs to well-known tunes. *Or*
- (3) Toast marshmallows and tell stories round a fire.

Bible Readings.

- | | |
|------------------|----------------------|
| 1. Isaiah 6:1-8. | 3. St. Luke 5:27-32. |
| 2. Amos 3:1-8. | 4. St. John 10:1-18. |

SECTION D.

World Fellowship.

- (1) Discuss "Japan as our Friend." *Or*
- (2) What are Missionaries doing in Japan?

Bible Readings.

1. Philippians 2:1-18.
2. Acts 8:5-40; 10 and 11:1-18.

IV. SACRIFICE.

SECTION A.

- (1) Talk on—"He that loveth his life shall lose it." *Or*
- (2) If impossible to get speaker suggest points for girls to prepare and discuss:—
 - (a) Illustrate from the soldier who shirks danger and loses his honour.

- (b) The Sacrifice that is never known. "The Unknown Soldier," to commemorate such sacrifice.
- (c) The life of pleasure and self indulgence destroys moral fibre and strength of will.
- (d) The remote end versus the immediate one.
 Hard study versus moment's amusement leads to knowledge and power.
 Self sacrifice versus self indulgence builds up strong and noble character.
 Saving money versus money spent on self indulgence and amusement leads to independence and ability to help others.
- (e) Sacrifice asks no recompense nor gratitude.

Bible Readings.

1. St. John 12:24-26; 27-36. 2. Isaiah 53.
3. St. Luke 22:39-46.

SECTION B.

- (1) Missionary talk on the sacrifice a Hindu makes in becoming a Christian.
- (2) Business Meeting.

Bible Readings.

1. St. Luke 22:54-71. 2. St. Luke 23.

SECTION C.

- (1) Musical Evening. *Or*
- (2) Games. *Or*
- (3) Plan dressing dolls for some missionary in the field (such as, Miss Alice Hague the Gaddi lady (doll lady), at Palampur. There is nothing beautiful in the homes of the poor of India—each child must work for a year, learn to knit and sew, before getting one of these dolls. Not enough dolls for the children, and old women often beg for them. We

do not realize what a doll means to these children. Doll's clothes must take on and off.)

Bible Readings.

1. St. Matthew 5:27-32.
2. Acts 4:34-37.
3. Psalm 46.

SECTION D.

- (1) Business Meeting.
- (2) Sacrifice demands common sense.

Suggestions to Leaders.

Talk upon useless sacrifice:—

- (a) Sacrifice must look to the future; the too great sacrifice of one person may weaken moral fibre of another. (Thus too self sacrificing parents sometimes cause the most selfish children; the sentimental love of a friend may spoil another by trying to relieve them of all work and responsibility). Not good for self sacrifice to be all on one side.
- (b) Indiscriminate charity — (the easiest form of sacrifice)—often does harm; we must not destroy self respect, and self helpfulness of others. Help others to help themselves.

Bible Readings.

1. St. Matthew 18:1-14; 21-35.
2. St. Mark 10:13-31; 35-45.

DAILY PRAYERS.

For daily prayers, make selections from:—

Missionary Prayers and Intercessions. (M.S.C.C.)

A Chain of Prayers across the Ages.

The Students' Week of Prayer, by Miss E. M. Knox.

SUGGESTED BOOKS FOR READING.

Missionary.

- Women Workers of the Orient—Margaret Burton.
Comrades in Service—Margaret Burton.
Paul the Dauntless—Basil Matthews.
The Riddle of Nearer Asia—Basil Matthews.
The Quest of Nations—Theodore Lunt.
Life of Mary Slessor of Calabar.
Val and His Friends—A. Gibbern. (India.).
Manuel—B. M. Wilson. (Africa.).
Hon. Crimson Tree—A. B. Ferris. (China.).
Dr. Alec—Irene Barnes.
Dr. Alec's Son—Irene Barnes.
O Hana San—C. Hutchinson. (Japan.).
Book of Missionary Heroes—Basil Matthews.
Soldiers of the King—J. A. S. Batty.
Story of a Hero—G. Hollis.
Working Girls in Japan.
Book of Common Prayer.

Poetry and Drama.

- Browning—Saul.
 The Boy and the Angel.
Tennyson—Sir Galahad.
 The Holy Grail.
Osborne—The Muse in Arms.
 Treasury of War Poetry.
Christina Rosetti—Goblin Market.
Wordsworth—The Cuckoo.
 Michael.
 I wandered Lonely as a Cloud.
 Sonnet written on Westminster Bridge.
Shakespeare—Macbeth.
 As You Like It.
 Merchant of Venice.
Drinkwater—Abraham Lincoln.

Stories.

Louise M. Alcott—Little Women.

Thackeray—Esmond.

Vanity Fair.

Dickens—Tale of Two Cities.

David Copperfield.

Barnaby Rudge.

O. Douglas—Penny Plain.

Kipling—Just So Stories.

Kim.

Scott—Fair Maid of Perth.

Heart of Midlothian.

Talisman.

Lay of the Last Minstrel.

Miscellaneous.

Kingsley's Heroes.

Lamb's Tales from Shakespeare.

Legends of Vancouver—Pauline Johnson.

Travels with a Donkey—Stevenson.

Vailima Letters—Stevenson.

Memories and Portraits—Stevenson.

Treasure Island—Stevenson.

Pilgrim's Progress—Bunyan.

How to Tell Wild Flowers—Mrs. Wm. Starr
Dana.

Water Wonders—Birds—After School Library--
Doubleday.

The Girl of the New Day—E. M. Knox.

Student in Arms—Hankey.

In God's Garden—Amy Steedman.

The Other Wise Man—Van Dyke.

That Lump of Clay—Van Dyke.

The Manhood of the Master—Fosdick.

The Meaning of Service—Fosdick.



